Recommended Dietary Allowance (RDA) assignment.

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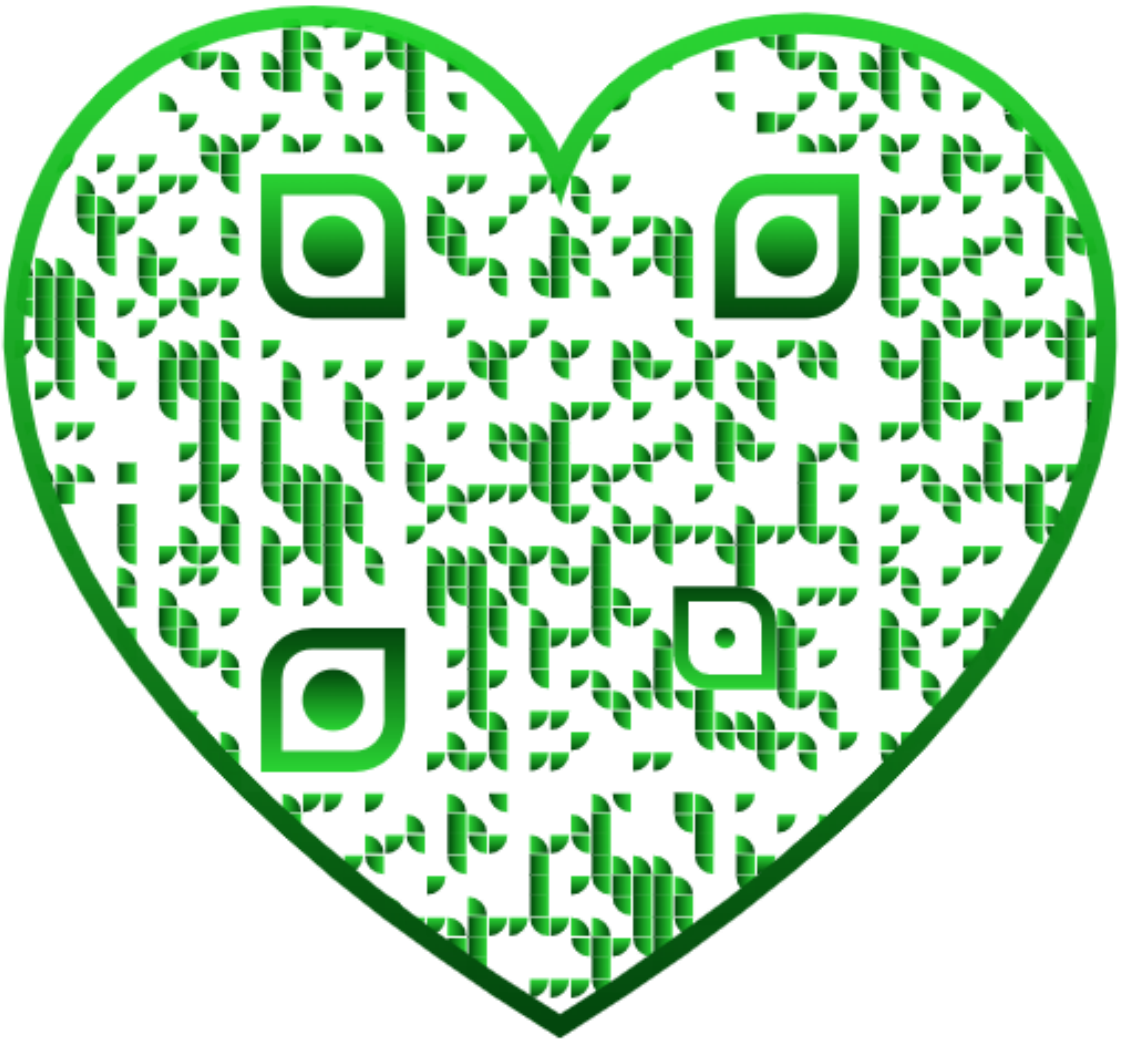

Recommended Dietary Allowance (RDA)

- **The RDA** is the average daily dietary intake level that is sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life-stage and gender group.
- **The RDA** is the goal for usual intake by an individual.

Estimated Average Requirement (EAR)

- **The EAR is the median daily intake value that is estimated to meet the requirement of half the healthy individuals in a life-stage and gender group. At this level of intake, the other half of the individuals in the specified group would not have their needs met.**
- **The EAR is based on a specific criterion of adequacy, derived from a careful review of the literature.**
- **Reduction of disease risk is considered along with many other health parameters in the selection of that criterion.**
- **The EAR is used to calculate the RDA. It is also used to assess the adequacy of nutrient intakes, and can be used to plan the intake of groups.**

Adequate Intake (AI)

- **If sufficient scientific evidence is not available to establish an EAR on which to base an RDA, an AI is derived instead.**
- **The AI is expected to meet or exceed the required amount needed to maintain a defined nutritional state in an apparently healthy population without causing adverse health effects.**
- **The AI is expected to meet or exceed the needs of most individuals in a specific life-stage and gender group.**
- **When an RDA is not available for a nutrient, the AI can be used as the goal for usual intake by an individual. The AI is not equivalent to an RDA**

Tolerable Upper Intake Level (UL)

- **The UL is the highest average daily nutrient intake level likely to pose no risk of adverse health effects to almost all individuals in a given life-stage and gender group.**

- **The UL is not a recommended level of intake**

- **As intake increases above the UL, the potential risk of adverse effects increases.**

Estimated Energy Requirement (EER)

- **An EER is defined as the average dietary energy intake that is predicted to maintain energy balance in healthy, normal weight individuals of a defined age, gender, weight, height, and level of physical activity**

- **consistent with good health. In children and pregnant and lactating women, the EER includes the needs associated with growth or secretion of milk at rates consistent with good health.**

- **Relative body weight (i.e. loss, stable, gain) is the preferred indicator of energy adequacy.**

Acceptable Macronutrient Distribution Range (AMDR)

- **The AMDR is a range of intake for a particular energy source (protein, fat, or carbohydrate), expressed as a percentage of total energy (kcal), that is associated with reduced risk of chronic disease while providing adequate intakes of essential nutrients.**
- **in general, the RDA, AI and UL values for vitamins and minerals changes throughout the life cycle. The following tables list the DRIs (RDA or AI) and UL of the vitamins and minerals in the body:**

Important Abbreviations

AI	Adequate Intake
AMDR	Acceptable Macronutrient Distribution Range
DFE	Dietary Folate Equivalent
EAR	Estimated Average Requirement
EER	Estimated Energy Requirement
g	gram
IU	International Unit
kcal	kilocalorie
kg	kilogram
m	metre
mg	milligram
N/A	Not Applicable
ND	Not Determinable
NE	Niacin Equivalent
PA	Physical Activity Coefficient
PAL	Physical Activity Level
RAE	Retinol Activity Equivalent
RDA	Recommended Dietary Allowance
RE	Retinol Equivalent
UL	Tolerable Upper Intake Level
µg	microgram
y	year

Unit Conversion Factors

Vitamin A	1 RAE = 1 µg retinol = 3.33 IU retinol For preformed vitamin A, 1 RE = 1 RAE.
Carotenoids	1 RAE = 12 µg beta-carotene 1 RAE = 24 µg alpha-carotene 1 RAE = 24 µg beta-cryptoxanthin To calculate RAE from RE of provitamin A carotenoids in foods, divide RE by 2.
Vitamin D	1 µg = 40 IU
Vitamin E	1 mg alpha-tocopherol = 1.25 mg alpha-tocopherol equivalents (αTE) 1 mg alpha-tocopherol = 1.49 IU *d*-alpha-tocopherol (natural, *RRR* form) 1 mg alpha-tocopherol = 2.22 IU *dl*-alpha-tocopherol (synthetic, *all racemic* form)
Folate	1 DFE = 1 µg food folate 1 DFE = 0.6 µg folic acid from fortified food or from a supplement consumed with food 1 DFE = 0.5 µg folic acid from a supplement taken on an empty stomach
Niacin	1 NE = 1 mg niacin 1 NE = 60 mg tryptophan
Sodium	1 g sodium = 2.53 g salt

Reference Values for Vitamins

	Vitamin A [1,2]						Vitamin D **						Vitamin E [5]			Vitamin K	
Unit	µg/day (RAE)			IU/day (RAE)			µg/day [4]			IU/day [4]			mg/day			µg/day	
	EAR	RDA/AI	UL [3]	EAR	RDA/AI	UL [3]	EAR	RDA/AI	UL	EAR	RDA/AI	UL	EAR	RDA/AI	UL [6]	AI	UL [7]
Infants																	
0-6 mo	*ND*	400*	600	*ND*	1333*	2000	*ND*	10*	25	*ND*	400*	1000	*ND*	4*	ND	2.0*	ND
7-12 mo	*ND*	500*	600	*ND*	1667*	2000	*ND*	10*	38	*ND*	400*	1500	*ND*	5*	ND	2.5*	ND
Children																	
1-3 y	*210*	**300**	600	*700*	**1000**	2000	*10*	**15**	63	*400*	**600**	2500	*5*	**6**	200	30*	ND
4-8 y	*275*	**400**	900	*917*	**1333**	3000	*10*	**15**	75	*400*	**600**	3000	*6*	**7**	300	55*	ND
Males																	
9-13 y	*445*	**600**	1700	*1483*	**2000**	5667	*10*	**15**	100	*400*	**600**	4000	*9*	**11**	600	60*	ND
14-18 y	*630*	**900**	2800	*2100*	**3000**	9333	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	800	75*	ND
19-30 y	*625*	**900**	3000	*2083*	**3000**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	120*	ND
31-50 y	*625*	**900**	3000	*2083*	**3000**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	120*	ND
51-70 y	*625*	**900**	3000	*2083*	**3000**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	120*	ND
>70 y	*625*	**900**	3000	*2083*	**3000**	10000	*10*	**20**	100	*400*	**800**	4000	*12*	**15**	1000	120*	ND
Females																	
9-13 y	*420*	**600**	1700	*1400*	**2000**	5667	*10*	**15**	100	*400*	**600**	4000	*9*	**11**	600	60*	ND
14-18 y	*485*	**700**	2800	*1617*	**2333**	9333	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	800	75*	ND
19-30 y	*500*	**700**	3000	*1667*	**2333**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	90*	ND
31-50 y	*500*	**700**	3000	*1667*	**2333**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	90*	ND
51-70 y	*500*	**700**	3000	*1667*	**2333**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	90*	ND
>70 y	*500*	**700**	3000	*1667*	**2333**	10000	*10*	**20**	100	*400*	**800**	4000	*12*	**15**	1000	90*	ND
Pregnancy																	
≤ 18 y	*530*	**750**	2800	*1767*	**2500**	9333	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	800	75*	ND
19-30 y	*550*	**770**	3000	*1833*	**2567**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	90*	ND
31-50 y	*550*	**770**	3000	*1833*	**2567**	10000	*10*	**15**	100	*400*	**600**	4000	*12*	**15**	1000	90*	ND
Lactation																	
≤ 18 y	*885*	**1200**	2800	*2950*	**4000**	9333	*10*	**15**	100	*400*	**600**	4000	*16*	**19**	800	75*	ND
19-30 y	*900*	**1300**	3000	*3000*	**4333**	10000	*10*	**15**	100	*400*	**600**	4000	*16*	**19**	1000	90*	ND
31-50 y	*900*	**1300**	3000	*3000*	**4333**	10000	*10*	**15**	100	*400*	**600**	4000	*16*	**19**	1000	90*	ND

Reference Values for Vitamins cont

	Vitamin C [8]			Thiamin			Riboflavin			Niacin [10]			Vitamin B6		
Unit	mg/day			mg/day			mg/day			mg/day (NE)			mg/day		
	EAR	RDA/AI	UL	EAR	RDA/AI	UL [9]	EAR	RDA/AI	UL [9]	EAR	RDA/AI	UL [11]	EAR	RDA/AI	UL
Infants															
0-6 mo	*ND*	40*	ND	*ND*	0.2*	ND	*ND*	0.3*	ND	*ND*	2* [a]	ND	*ND*	0.1*	ND
7-12 mo	*ND*	50*	ND	*ND*	0.3*	ND	*ND*	0.4*	ND	*ND*	4*	ND	*ND*	0.3*	ND
Children															
1-3 y	*13*	**15**	400	*0.4*	**0.5**	ND	*0.4*	**0.5**	ND	*5*	**6**	10	*0.4*	**0.5**	30
4-8 y	*22*	**25**	650	*0.5*	**0.6**	ND	*0.5*	**0.6**	ND	*6*	**8**	15	*0.5*	**0.6**	40
Males															
9-13 y	*39*	**45**	1200	*0.7*	**0.9**	ND	*0.8*	**0.9**	ND	*9*	**12**	20	*0.8*	**1.0**	60
14-18 y	*63*	**75**	1800	*1.0*	**1.2**	ND	*1.1*	**1.3**	ND	*12*	**16**	30	*1.1*	**1.3**	80
19-30 y	*75*	**90**	2000	*1.0*	**1.2**	ND	*1.1*	**1.3**	ND	*12*	**16**	35	*1.1*	**1.3**	100
31-50 y	*75*	**90**	2000	*1.0*	**1.2**	ND	*1.1*	**1.3**	ND	*12*	**16**	35	*1.1*	**1.3**	100
51-70 y	*75*	**90**	2000	*1.0*	**1.2**	ND	*1.1*	**1.3**	ND	*12*	**16**	35	*1.4*	**1.7**	100
>70 y	*75*	**90**	2000	*1.0*	**1.2**	ND	*1.1*	**1.3**	ND	*12*	**16**	35	*1.4*	**1.7**	100
Females															
9-13 y	*39*	**45**	1200	*0.7*	**0.9**	ND	*0.8*	**0.9**	ND	*9*	**12**	20	*0.8*	**1.0**	60
14-18 y	*56*	**65**	1800	*0.9*	**1.0**	ND	*0.9*	**1.0**	ND	*11*	**14**	30	*1.0*	**1.2**	80
19-30 y	*60*	**75**	2000	*0.9*	**1.1**	ND	*0.9*	**1.1**	ND	*11*	**14**	35	*1.1*	**1.3**	100
31-50 y	*60*	**75**	2000	*0.9*	**1.1**	ND	*0.9*	**1.1**	ND	*11*	**14**	35	*1.1*	**1.3**	100
51-70 y	*60*	**75**	2000	*0.9*	**1.1**	ND	*0.9*	**1.1**	ND	*11*	**14**	35	*1.3*	**1.5**	100
>70 y	*60*	**75**	2000	*0.9*	**1.1**	ND	*0.9*	**1.1**	ND	*11*	**14**	35	*1.3*	**1.5**	100
Pregnancy															
≤ 18 y	*66*	**80**	1800	*1.2*	**1.4**	ND	*1.2*	**1.4**	ND	*14*	**18**	30	*1.6*	**1.9**	80
19-30 y	*70*	**85**	2000	*1.2*	**1.4**	ND	*1.2*	**1.4**	ND	*14*	**18**	35	*1.6*	**1.9**	100
31-50 y	*70*	**85**	2000	*1.2*	**1.4**	ND	*1.2*	**1.4**	ND	*14*	**18**	35	*1.6*	**1.9**	100
Lactation															
≤ 18 y	*96*	**115**	1800	*1.2*	**1.4**	ND	*1.3*	**1.6**	ND	*13*	**17**	30	*1.7*	**2.0**	80
19-30 y	*100*	**120**	2000	*1.2*	**1.4**	ND	*1.3*	**1.6**	ND	*13*	**17**	35	*1.7*	**2.0**	100
31-50 y	*100*	**120**	2000	*1.2*	**1.4**	ND	*1.3*	**1.6**	ND	*13*	**17**	35	*1.7*	**2.0**	100

Reference Values for Vitamins

	Folate [12]			Vitamin B12			Pantothenic Acid		Biotin		Choline [15]	
Unit	µg/day (DFE)			µg/day			mg/day		µg/day		mg/day	
	EAR	RDA/AI	UL [13]	EAR	RDA/AI	UL [14]	AI	UL [14]	AI	UL [14]	AI	UL
Infants												
0-6 mo	*ND*	65*	ND	*ND*	0.4*	ND	1.7*	ND	5*	ND	125*	ND
7-12 mo	*ND*	80*	ND	*ND*	0.5*	ND	1.8*	ND	6*	ND	150*	ND
Children												
1-3 y	*120*	**150**	300	*0.7*	**0.9**	ND	2*	ND	8*	ND	200*	1000
4-8 y	*160*	**200**	400	*1.0*	**1.2**	ND	3*	ND	12*	ND	250*	1000
Males												
9-13 y	*250*	**300**	600	*1.5*	**1.8**	ND	4*	ND	20*	ND	375*	2000
14-18 y	*330*	**400**	800	*2.0*	**2.4**	ND	5*	ND	25*	ND	550*	3000
19-30 y	*320*	**400**	1000	*2.0*	**2.4**	ND	5*	ND	30*	ND	550*	3500
31-50 y	*320*	**400**	1000	*2.0*	**2.4**	ND	5*	ND	30*	ND	550*	3500
51-70 y	*320*	**400**	1000	*2.0*	**2.4** [d]	ND	5*	ND	30*	ND	550*	3500
>70 y	*320*	**400**	1000	*2.0*	**2.4** [d]	ND	5*	ND	30*	ND	550*	3500
Females												
9-13 y	*250*	**300**	600	*1.5*	**1.8**	ND	4*	ND	20*	ND	375*	2000
14-18 y	*330*	**400** [b]	800	*2.0*	**2.4**	ND	5*	ND	25*	ND	400*	3000
19-30 y	*320*	**400** [b]	1000	*2.0*	**2.4**	ND	5*	ND	30*	ND	425*	3500
31-50 y	*320*	**400** [b]	1000	*2.0*	**2.4**	ND	5*	ND	30*	ND	425*	3500
51-70 y	*320*	**400**	1000	*2.0*	**2.4** [d]	ND	5*	ND	30*	ND	425*	3500
>70 y	*320*	**400**	1000	*2.0*	**2.4** [d]	ND	5*	ND	30*	ND	425*	3500
Pregnancy												
≤ 18 y	*520*	**600** [c]	800	*2.2*	**2.6**	ND	6*	ND	30*	ND	450*	3000
19-30 y	*520*	**600** [c]	1000	*2.2*	**2.6**	ND	6*	ND	30*	ND	450*	3500
31-50 y	*520*	**600** [c]	1000	*2.2*	**2.6**	ND	6*	ND	30*	ND	450*	3500
Lactation												
≤ 18 y	*450*	**500**	800	*2.4*	**2.8**	ND	7*	ND	35*	ND	550*	3000
19-30 y	*450*	**500**	1000	*2.4*	**2.8**	ND	7*	ND	35*	ND	550*	3500
31-50 y	*450*	**500**	1000	*2.4*	**2.8**	ND	7*	ND	35*	ND	550*	3500

Reference Values for Elements

	Arsenic [16]		Boron		Calcium **			Chromium		Copper			Fluoride		Iodine		
Unit	N/A		mg/day		mg/day			µg/day		µg/day			mg/day		µg/day		
	AI	UL [17]	AI	UL	EAR	RDA/AI	UL	AI	UL [17]	EAR	RDA/AI	UL	AI	UL	EAR	RDA/AI	UL
Infants																	
0-6 mo	ND	ND	ND	ND	*ND*	200*	1000	0.2*	ND	*ND*	200*	ND	0.01*	0.7	*ND*	110*	ND
7-12 mo	ND	ND	ND	ND	*ND*	260*	1500	5.5*	ND	*ND*	220*	ND	0.5*	0.9	*ND*	130*	ND
Children																	
1-3 y	ND	ND	ND	3	*500*	**700**	2500	11*	ND	*260*	**340**	1000	0.7*	1.3	*65*	**90**	200
4-8 y	ND	ND	ND	6	*800*	**1000**	2500	15*	ND	*340*	**440**	3000	1*	2.2	*65*	**90**	300
Males																	
9-13 y	ND	ND	ND	11	*1100*	**1300**	3000	25*	ND	*540*	**700**	5000	2*	10	*73*	**120**	600
14-18 y	ND	ND	ND	17	*1100*	**1300**	3000	35*	ND	*685*	**890**	8000	3*	10	*95*	**150**	900
19-30 y	ND	ND	ND	20	*800*	**1000**	2500	35*	ND	*700*	**900**	10000	4*	10	*95*	**150**	1100
31-50 y	ND	ND	ND	20	*800*	**1000**	2500	35*	ND	*700*	**900**	10000	4*	10	*95*	**150**	1100
51-70 y	ND	ND	ND	20	*800*	**1000**	2000	30*	ND	*700*	**900**	10000	4*	10	*95*	**150**	1100
>70 y	ND	ND	ND	20	*1000*	**1200**	2000	30*	ND	*700*	**900**	10000	4*	10	*95*	**150**	1100
Females																	
9-13 y	ND	ND	ND	11	*1100*	**1300**	3000	21*	ND	*540*	**700**	5000	2*	10	*73*	**120**	600
14-18 y	ND	ND	ND	17	*1100*	**1300**	3000	24*	ND	*685*	**890**	8000	3*	10	*95*	**150**	900
19-30 y	ND	ND	ND	20	*800*	**1000**	2500	25*	ND	*700*	**900**	10000	3*	10	*95*	**150**	1100
31-50 y	ND	ND	ND	20	*800*	**1000**	2500	25*	ND	*700*	**900**	10000	3*	10	*95*	**150**	1100
51-70 y	ND	ND	ND	20	*1000*	**1200**	2000	20*	ND	*700*	**900**	10000	3*	10	*95*	**150**	1100
>70 y	ND	ND	ND	20	*1000*	**1200**	2000	20*	ND	*700*	**900**	10000	3*	10	*95*	**150**	1100
Pregnancy																	
≤ 18 y	ND	ND	ND	17	*1100*	**1300**	3000	29*	ND	*785*	**1000**	8000	3*	10	*160*	**220**	900
19-30 y	ND	ND	ND	20	*800*	**1000**	2500	30*	ND	*800*	**1000**	10000	3*	10	*160*	**220**	1100
31-50 y	ND	ND	ND	20	*800*	**1000**	2500	30*	ND	*800*	**1000**	10000	3*	10	*160*	**220**	1100
Lactation																	
≤ 18 y	ND	ND	ND	17	*1100*	**1300**	3000	44*	ND	*985*	**1300**	8000	3*	10	*209*	**290**	900
19-30 y	ND	ND	ND	20	*800*	**1000**	2500	45*	ND	*1000*	**1300**	10000	3*	10	*209*	**290**	1100
31-50 y	ND	ND	ND	20	*800*	**1000**	2500	45*	ND	*1000*	**1300**	10000	3*	10	*209*	**290**	1100

Reference Values for Elements

	Iron [18]			Magnesium			Manganese		Molybdenum			Nickel		Phosphorus		
Unit	mg/day			mg/day			mg/day		µg/day			mg/day		mg/day		
	EAR	RDA/AI	UL	EAR	RDA/AI	UL [19]	AI	UL	EAR	RDA/AI	UL	AI	UL	EAR	RDA/AI	UL
Infants																
0-6 mo	*ND*	0.27*	40	*ND*	30*	ND	0.003*	ND	*ND*	2*	ND	ND	ND	*ND*	100*	ND
7-12 mo	*6.9*	**11**	40	*ND*	75*	ND	0.6*	ND	*ND*	3*	ND	ND	ND	*ND*	275*	ND
Children																
1-3 y	*3.0*	**7**	40	*65*	**80**	65	1.2*	2	*13*	**17**	300	ND	0.2	*380*	**460**	3000
4-8 y	*4.1*	**10**	40	*110*	**130**	110	1.5*	3	*17*	**22**	600	ND	0.3	*405*	**500**	3000
Males																
9-13 y	*5.9*	**8**	40	*200*	**240**	350	1.9*	6	*26*	**34**	1100	ND	0.6	*1055*	**1250**	4000
14-18 y	*7.7*	**11**	45	*340*	**410**	350	2.2*	9	*33*	**43**	1700	ND	1.0	*1055*	**1250**	4000
19-30 y	*6*	**8**	45	*330*	**400**	350	2.3*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
31-50 y	*6*	**8**	45	*350*	**420**	350	2.3*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
51-70 y	*6*	**8**	45	*350*	**420**	350	2.3*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
>70 y	*6*	**8**	45	*350*	**420**	350	2.3*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	3000
Females																
9-13 y	*5.7*[e]	**8**[e]	40	*200*	**240**	350	1.6*	6	*26*	**34**	1100	ND	0.6	*1055*	**1250**	4000
14-18 y	*7.9*[e]	**15**[e]	45	*300*	**360**	350	1.6*	9	*33*	**43**	1700	ND	1.0	*1055*	**1250**	4000
19-30 y	*8.1*[e]	**18**[e]	45	*255*	**310**	350	1.8*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
31-50 y	*8.1*[e]	**18**[e]	45	*265*	**320**	350	1.8*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
51-70 y	*5*[e]	**8**[e]	45	*265*	**320**	350	1.8*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	4000
>70 y	*5*[e]	**8**[e]	45	*265*	**320**	350	1.8*	11	*34*	**45**	2000	ND	1.0	*580*	**700**	3000
Pregnancy																
≤ 18 y	*23*	**27**	45	*335*	**400**	350	2.0*	9	*40*	**50**	1700	ND	1.0	*1055*	**1250**	3500
19-30 y	*22*	**27**	45	*290*	**350**	350	2.0*	11	*40*	**50**	2000	ND	1.0	*580*	**700**	3500
31-50 y	*22*	**27**	45	*300*	**360**	350	2.0*	11	*40*	**50**	2000	ND	1.0	*580*	**700**	3500
Lactation																
≤ 18 y	*7*	**10**	45	*300*	**360**	350	2.6*	9	*35*	**50**	1700	ND	1.0	*1055*	**1250**	4000
19-30 y	*6.5*	**9**	45	*255*	**310**	350	2.6*	11	*36*	**50**	2000	ND	1.0	*580*	**700**	4000
31-50 y	*6.5*	**9**	45	*265*	**320**	350	2.6*	11	*36*	**50**	2000	ND	1.0	*580*	**700**	4000

Reference Values for Macronutrients

	Carbohydrate (Digestible)			Total Protein [29]				Total Fat		Linoleic Acid (n-6)		α-linolenic Acid (n-3)		Total Fibre [31]		Total Water [33]	
Unit	g/day			g/kg/day		g/day [30]		g/day		g/day		g/day		g/day		Litres/day	
	EAR	RDA/AI	UL [28]	EAR	RDA/AI	RDA/AI	UL [28]	AI	UL [28]	AI	UL [28]	AI	UL [28]	AI [32]	UL [28]	AI	UL [28]
Infants																	
0-6 mo	*ND*	60*	ND	*ND*	1.52*	9.1*	ND	31*	ND	4.4*	ND	0.5*	ND	ND	ND	0.7*	ND
7-12 mo	*ND*	95*	ND	*1.0*	**1.2**	**11.0**	ND	30*	ND	4.6*	ND	0.5*	ND	ND	ND	0.8*	ND
Children																	
1-3 y	*100*	**130**	ND	*0.87*	**1.05**	**13**	ND	ND	ND	7*	ND	0.7*	ND	19*	ND	1.3*	ND
4-8 y	*100*	**130**	ND	*0.76*	**0.95**	**19**	ND	ND	ND	10*	ND	0.9*	ND	25*	ND	1.7*	ND
Males																	
9-13 y	*100*	**130**	ND	*0.76*	**0.95**	**34**	ND	ND	ND	12*	ND	1.2*	ND	31*	ND	2.4*	ND
14-18 y	*100*	**130**	ND	*0.73*	**0.85**	**52**	ND	ND	ND	16*	ND	1.6*	ND	38*	ND	3.3*	ND
19-30 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	17*	ND	1.6*	ND	38*	ND	3.7*	ND
31-50 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	17*	ND	1.6*	ND	38*	ND	3.7*	ND
51-70 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	14*	ND	1.6*	ND	30*	ND	3.7*	ND
>70 y	*100*	**130**	ND	*0.66*	**0.80**	**56**	ND	ND	ND	14*	ND	1.6*	ND	30*	ND	3.7*	ND
Females																	
9-13 y	*100*	**130**	ND	*0.76*	**0.95**	**34**	ND	ND	ND	10*	ND	1.0*	ND	26*	ND	2.1*	ND
14-18 y	*100*	**130**	ND	*0.71*	**0.85**	**46**	ND	ND	ND	11*	ND	1.1*	ND	26*	ND	2.3*	ND
19-30 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	12*	ND	1.1*	ND	25*	ND	2.7*	ND
31-50 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	12*	ND	1.1*	ND	25*	ND	2.7*	ND
51-70 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	11*	ND	1.1*	ND	21*	ND	2.7*	ND
>70 y	*100*	**130**	ND	*0.66*	**0.80**	**46**	ND	ND	ND	11*	ND	1.1*	ND	21*	ND	2.7*	ND
Pregnancy																	
≤ 18 y	*135*	**175**	ND	*0.88*[f]	**1.1**[f]	**71**[f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
19-30 y	*135*	**175**	ND	*0.88*[f]	**1.1**[f]	**71**[f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
31-50 y	*135*	**175**	ND	*0.88*[f]	**1.1**[f]	**71**[f]	ND	ND	ND	13*	ND	1.4*	ND	28*	ND	3.0*	ND
Lactation																	
≤ 18 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND
19-30 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND
31-50 y	*160*	**210**	ND	*1.05*	**1.3**	**71**	ND	ND	ND	13*	ND	1.3*	ND	29*	ND	3.8*	ND

Thank
you